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## HEALTHY LIVING TIPS FOR EVERY GENERATION

Different generations have different opinions about what makes you healthy, and they frequently disagree with or scoff at what other generations believe is best for them. To foster a better understanding, here's a short synopsis and comparison of generational attitudes, plus tips on how each group can maximize their good health!

**Baby Boomers**  
People born between 1949 and 1964 are known as baby boomers, named after the increased post-war birthrate. This generation trusts conventional medicine — hospitals and doctors. They take steps to combat chronic illnesses, but they tend to ignore mental health. They can better their health by being open to alternative medicine and mental health measures, like seeking therapists or pursuing stress-relieving hobbies while maintaining their trust in conventional medicine.

**Generation X**  
Sometimes called "the Forgotten Generation," Gen X refers to people born between 1965 and 1980. Many Gen Xers are active parents and spend a lot of time involving themselves in their children's lives. Most don't sleep enough and — like baby boomers — don't manage their mental health enough. They can make lifestyle changes to boost their overall wellness, like learning good sleep habits, joining social groups, and taking up new hobbies to help them de-stress.

**Millennials**  
The first computer-savvy generation, millennials — born between 1980 and 1996 — value mental health and a holistic view of medicine, preferring to seek out alternative medical treatment rather than pay the steep costs of conventional treatment. This generation can elevate their wellness by scheduling regular



appointments with health care providers and shedding their dislike for professionals during health crises (like COVID-19).

**Generation Z**  
Gen Zers, or zoomers, were born between 1997 and 2010. Many zoomers do not yet have fully developed opinions on health care, but research indicates they'll have similar opinions to millennials. The oldest zoomers are currently in their 20s, so developing good health habits now is essential. They should make exercise a part of their weekly routine and pursue stress management techniques to help them weather the coming years.



## A Toast to Early Detection: How Beer Saved a Town

April 7 is National Beer Day! Aside from my husband liking beer, we celebrate the legacy of this fermented drink, which played a surprising role in saving an entire town from cholera in the 1800s. At a time when the source of cholera was a mystery, presumed to be airborne, contaminated water was actually the culprit. Interestingly, those who opted for beer over water were spared, which showcases the importance of identifying root causes and taking preventive measures.

This story isn't just a historical curiosity — it reminds us why we focus so keenly on preventive care, especially during National Oral Cancer Awareness Month. Our dedication to uncovering root causes and ensuring early detection is akin to the historical insight that led to identifying contaminated water as the source of cholera.

In our dental practice, we emphasize the significance of oral cancer screenings. **Did you know that oral cancer claims the life of one person every hour, every day in the United States?** A few other facts you may not know about oral cancer include:

- Oral cancer is more common in men than women, with the incidence rate for all ages in men being **three times greater** than for women.
- A contributing factor to oral cancer is the HPV virus, which we can screen for through a simple, non-invasive saliva test.
- People ages 65 and older are at a higher risk of developing oral cancer. However,

the younger demographic (ages 18-35) is *increasingly* becoming at risk due to HPV and vaping.

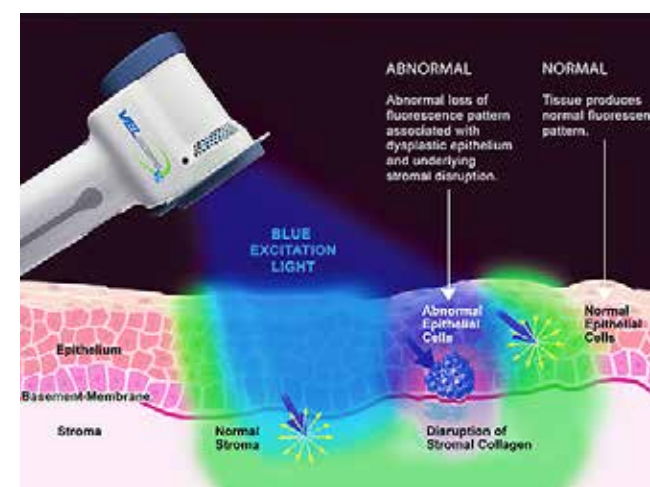
- Oral cancer has a lower average survival rate than breast and colon cancer. While the five-year survival rate for oral cancer detected *early* is 86%, it drops to 57% on average. This stark difference highlights the critical need for regular screenings. Meanwhile, according to Cancer.net, the five-year survival rate for women in the U.S. with non-metastatic invasive breast cancer is 91%, and for localized stage colon cancer, that rate is 90%.

Despite oral cancer having a lower survival, people are more diligent when it comes to breast and colon cancer screenings. Why is that? Oral cancer has significantly less awareness compared to other cancers, but we want to change that.

**Our practice offers three levels of early detection and screenings:**

1. **Visual/tactile examinations**
2. **Saliva testing for HPV**
3. **VELscope technology, which can detect abnormal tissue before it becomes visible.**

**We also screen for sleep apnea, as it increases the risk of all cancers, including oral.**



This April, as we observe National Oral Cancer Awareness Month, I urge you to come in for an oral cancer and sleep apnea screening. I encourage everyone, especially those between 18 and 35 years old and those with a family history of oral cancer, to schedule a screening. Early detection can be the difference between life and death.

If you or a family member are due for a checkup or cleaning, be sure to ask for an oral cancer screening as well. **Our simple visual examination is free with any visit, and we are even offering 5% off our VELscope and saliva screenings!**

As we reflect on the lessons learned from the past, whether from a pint of beer or a dental exam, let's prioritize our health and take proactive steps toward prevention. Call our office today to schedule your oral cancer screening!

To your great smiles and better health,

# SLINGING JUSTICE

## How a 13-Year-Old Stopped a Kidnapper

In the quiet city of Alpena, Michigan, a young hero emerged on a sunny May afternoon. Owen Burns, a 13-year-old with remarkable courage, became the talk of the town after he used a slingshot to save his 8-year-old sister from a suspected kidnapping.

Owen's sister was in their backyard when a man emerged from the nearby woods. The man approached the little girl, covered her mouth, and held her tightly to his chest. He didn't know Owen was watching and ready to act in his sister's defense.

Owen recounted the chilling moment, saying, "Her mouth was closed, and he was hugging her on his chest. My sister kicked him, and then he started running after her." Owen didn't hesitate; he sprang into action with his slingshot.

Owen loaded marbles and rocks into his slingshot and aimed at the assailant. He fired three precise shots, hitting the suspect in the head and chest, causing the assailant to flee the scene.

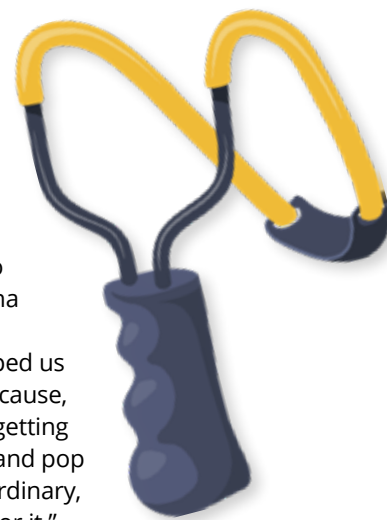
The shock of the incident left Owen's parents, Andrew and Margaret Burns, in disbelief. Margaret recalled the chaotic scene, saying, "They were in a state of panic and screaming, and she was crying, and the only word I could make out of the whole conversation was 'kidnap.'"

Owen's heroic actions were crucial in bringing the suspect to justice. Lt. John Grimshaw, Alpena post commander, commended Owen, stating, "What he did helped us identify who the suspect was because, obviously, he had injuries from getting hit with a slingshot. To see that and pop into action that quickly is extraordinary, and he should be commended for it."

The suspect, a 17-year-old from Alpena, was eventually located by state troopers, thanks in part to the slingshot injuries. He now faces charges of attempted kidnapping, assault, and battery. He was charged as an adult due to the severity of his actions.

Owen's bravery left his parents feeling "extremely proud and forever grateful." Andrew Burns reflected on the gravity of the situation, saying, "Once it all set in, it kind of hit pretty hard because it could have been a whole different outcome."

Owen made it clear that he would not hesitate to protect his sister again, saying, "If it does happen again, I'll do it again."



## 5 Fun Facts to Brighten Your Dental Knowledge

Teeth are a marvel. Each is unique and special, a one-of-a-kind bodily creation that allows us to eat and bite. Their enigmatic beauty points to myriad fun facts about our mouths and dental care in general, such as these.

### Toothpaste is ancient.

Fluoride toothpaste may be relatively new, but toothpaste has been around for thousands of years. The ancient Egyptians used a paste made of hooves, pumice, and other abrasive materials. They were on to something with the pumice — dentists still use it to clean teeth. Early Romans, Greeks, and Chinese used ground bones to clean their pearly whites.

### You produce a lot of saliva.

Most saliva is recycled, as we're constantly swallowing and reabsorbing our spit. About 30 milliliters of saliva flow through our mouths every hour, depending on the activity (chewing, speaking, etc.). To be more illustrative, approximately one wine bottle of saliva flows through our mouths every 24 hours. Over our entire lifetime, that equates to about 20,000 liters!

### Enamel is tough.

Enamel is the hardest substance in your body; it's even stronger than bone. Its durability comes from its dense structure — calcium and phosphorus bond to form tiny crystallites, creating a powerful protection for our teeth. Unfortunately, enamel is also the only substance in our bodies that doesn't grow back.

### Every mouth is full of bacteria.

Your mouth is a world of its own. The complex ecosystem hosts more than 200–300 forms of bacteria, with a total population in the millions. The primary nemesis to your dental hygiene is streptococcus mutans, which converts sugar and carbohydrates into acids that erode teeth.

### Acid is a major dental adversary.

Besides sugar, acid is a significant contributor to tooth decay. Acid corrodes and punches holes in the enamel, making your teeth vulnerable to cavities. The most common sources of acid are beverages: This not only includes sugary drinks like soda and juice but also seemingly harmless beverages like lemon water and unsweetened tea.

Remember how unique your pearly whites are when you consider pushing off your nightly brush. Remind yourself of how strong yet vulnerable your enamel is and appreciate the incredible composition of your teeth. Better yet, just think of the millions of bacteria in your mouth. Doing so is sure to inspire you to brush more often.

## Grilled Steak With Chimichurri Sauce

### Ingredients

- 2 lbs steak (flank, sirloin, or skirt steak)
- 2 tbsp olive oil
- Salt and pepper, to taste

### For the chimichurri sauce:

- 1 cup fresh parsley, chopped
- 2 cloves garlic, minced
- Juice of 1 lemon
- 2 tbsp olive oil
- 1 tsp red pepper flakes
- Salt and pepper, to taste

### Directions

1. Preheat grill to medium-high heat.
2. Rub the steak with the olive oil, salt, and pepper.
3. Grill the steak for 4–5 minutes per side or until it reaches desired doneness.
4. Meanwhile, make the chimichurri sauce: In a small bowl, mix together the parsley, garlic, lemon juice, olive oil, red pepper flakes, and salt and pepper.
5. Let the steak rest for 5 minutes before slicing.
6. Serve the steak with the chimichurri sauce and enjoy!



## Enhancing Your Relationship With Your Dog

### 5 Simple Steps to Strengthen Your Bond



**No. 2: Practice thresholds.** Dogs, especially puppies, like to run around. They'll run through a doorway and out into the street before you can close the door. To prevent this, you should start daily threshold training. Leash them up and stand next to an open door. When they try to walk through, apply some pressure until they stop. When they look at you, release the pressure and give them praise and pets. Lastly, say, "Let's go!" and head out. They love to make you happy.

**No. 3: Give commands before attention.** Dogs live for attention. Before giving them what they want, provide them with a command beforehand. It doesn't need to be complex; just the word "Sit" will do. If they have bad habits like jumping on people, this technique is excellent for halting bad behavior; you just have to be consistent and work with it.

**No. 4: Exercise often.** Most dogs need regular exercise, especially young and high-energy canines. Don't just take them to an empty lot to run around — let them explore and sniff new places. Quality time strengthens the bond between you and gives you both a chance to get some exercise. There's a reason dog owners have a lower risk of high blood pressure.

**No. 5: Enforce post-play naptime.** When you're trying to relax, study, or do any other sedentary activity post-exercise, make sure your dog is sedentary, too. It teaches them to match your behavior. Then, they won't steal food, cause household chaos, or do anything else that could disrupt you.

If you stay with it and adhere to these tips, you can dramatically improve your dog's life. Both you and your pet can bring out the best in each other. A dog can be the perfect companion if you give them a chance.

Dogs are man's best friend, but developing that relationship takes a little effort. They need some time, training, and care to foster a strong bond with you. These five tips will ensure you create a lifelong connection.

**No. 1: Make eye contact.** Your pup should associate you with everything fun. Make eye contact when giving them a treat, holding the leash before going for a walk, or any other situation that benefits them. They'll be more inclined to pay attention to you and view you as the gatekeeper to the "finer things" in life.

TAKE A BREAK

